Story and photos by STAFF SGT. SEAN EVERETTE 25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — Equine nostrils flared as horses galloped, back and forth, across Weyand Field, here, by the 25th Infantry Division headquarters building.

This wasn't a flashback to the days when the Army actively employed these animals.

The sound of the hooves pounding the ground was mixed with the sounds of mallets hitting a little white ball and a cheering crowd. This was a polo exhibition, Thursday, and one of the capstone events for the division's 73rd birthday celebration, Tropic Lightning Week.

TLW is, in addition to a birthday celebration, a celebration of the 60th anniversary of the 25th ID's return to Hawaii from Korea in 1954.

The division celebrated much the same as it does every year, battalions competing throughout the week in several sports tournaments and physical competitions to decide which will be TLW champion and take home the Guadalcanal Cup.

The final day was a little different than the cookout and party of past years. In addition to the polo exhibition, the division hosted a traditional Ha'a ceremony and luau for the surrounding community, and it held a pass in review and veterans' recognition ceremony.

The competition, pomp and circumstance were also a really great opportunity for the division to

come together as a family.

"It's about camaraderie, bringing the organizations together," said Command Sgt. Maj. Benjamin Jones, 25th ID senior enlisted advisor. "It's more than just the Guadalcanal Cup. It's about building the team from Soldier to leader. This is an opportunity to bring everyone together, mesh the colors.

One of the units to feel this most keenly was the 65th Engineer Bn. Although technically not part of the 25th, yet, the engineers participated in the week's events in an effort to get to know the team they're joining when they officially become part of the 2nd Stryker Brigade Combat Team on Oct. 21.

"The best part of this week is the relationships built along the way," said Lt. Col. David Acker, 65th Eng. Bn. commander. "It really makes us feel like a part of their organization and a part of their team."

This was the common thread through-

'We are celebrating our division birthday," said Chaplain (Capt.) John Gabriel, division headquarters battalion chaplain. "It gives us an opportunity to come together to enjoy the 25th ID family."

Jones added, "It's also a chance, at the end of the day, to reflect on Soldiers, past, present and future."



Pacific Pathways is covered across two oceans by 599th

DONNA KLAPAKIS

599th Transportation Brigade Public Affairs

WHEELER ARMY AIRFIELD —The Pacific arm of Military Surface Deployment and Distribution Command, the 599th Transportation Brigade, is providing strategic sealift to the Pacific Pathways operation.

The brigade has three battalions and two detachments strategically placed in the Pacific and Indian oceans for efficient service.

"Our strategic role in the operation is threefold," said Col. Shannon Cox, 599th commander. "The 599th assisted in the initial planning and concept for Pacific Pathways with US-ARPAC (U.S. Army-Pacific) and 8th Theater Sustainment Command.

"Second, in conjunction with SDDC headquarters, we coordinate with Military Sealift Command for vessel selection, and we conduct customer liaison," Cox continued. "Third, our deployment and distribution management teams (DDMT) document cargo and perform single port manager functions during vessel upload and discharge."

Daniel Martinez, 599th deputy director of operations, explained how Pacific Pathways differs from past brigade movements.

"It differs in two main ways," Martinez said. "First, each iteration of Pacific Pathways is an overlay of multiple exercises. Second, since one vessel is being used for all of the exercises in each pathway, this allows our supporting DDMTs to play pitch and catch with the unit cargo as it transits each exercise. Usually we have one vessel handle deployment and another for redeployment, and often use different vessels for each exercise.

"This concept is unique for our customer in that they are better postured for anything that might arise in the area of operations, and it allows us to establish lines of communication in areas we have not been to before," Martinez

The 599th headquarters is not co-located with a battalion, so it does not have the capability to field a DDMT from Hawaii. Because of this, DDMTs from the 836th Trans. Bn. in Japan and its Guam Detachment, with support from the 599th, provided teams to fulfill the 599th's role of single port manager in Hawaii. The 836th has conducted five upload and discharge missions for Pacific Pathways, so far. In addition to handling all missions in Malaysia and Hawaii, it will send a DDMT to Tomakomai,

Pacific Pathways

The 599th Trans. Bde. has supported Pacific Pathways from the beginning. Pacific Pathways is a USARPAC enterprise to effect the Army's rebalance to the Pacific.

The first three exercises to test the concept are Garuda Shield in Indonesia (see related story, p. A-1), Keris Strike in Malaysia, and Orient Shield in Japan.



Photo by the 836th Transportation Battalion

A DDMT from the 836th Trans. Bn. based in **Iapan and the Guam Detachment conduct** port operations, Sept. 27, at Kuantan, Malaysia, for Keris Strike, an exercise that was part of the Pacific Pathways operation. The battalion and detachment are part of the 599th Trans. Bde.

Japan, for Orient Shield port operations.

In addition to the support the 836th has provided, the 835th Trans. Bn., stationed in Okinawa, Japan, acted as single port manager for Garuda Shield in Indonesia.

The commander of the 836th Trans. Bn., Lt. Col. Joshua Vogel, said Pacific Pathways has given the unit's DDMTs an opportunity to demonstrate they can upload and discharge at the same time, over great distances, and in many countries.

"Our biggest lesson learned, so far, is the importance of planning and communications with everyone involved, down to the liaisons and unit movement officers and up to our strategic partner of Military Sealift Command," Vogel said. "We have learned how big a role everyone plays in a successful movement.

Vogel said, from his perspective, the most important change in DDMT operations for Pacific Pathways is uploading and offloading the same ship repeatedly.

The 599th has also grown in its relationships as a result of Pacific Pathways.

"From the 599th perspective, this operation has facilitated relation-building with the hostnation port authorities and with understanding the unique culture and assets in those host nations," Martinez said.

SHARP is high priority for 94th

SGT. KIMBERLY K. MENZIES Army News Service

FORT SHAFTER — To promote awareness of sexual harassment and rape prevention, the "Sea Dragons" of the 94th Army Air and Missile Defense Command chose to promote SHARP awareness throughout the year, instead of only during the national awareness and prevention

The command is stressing the importance of SHARP by continually working as a team, remaining vigilant and maintaining a professional atmosphere where sexual harassment and assault aren't tolerated.

"In April, we had a ceremony where we tied a teal ribbon around our tree for the entire month," said Master Sgt. Anthony Wyatt, sexual assault response coordinator, 94th AAMDC. "At the end of the month, we had to take down our ribbons displayed outside of our unit."

The Sea Dragons began by hosting a unit

See SHARP A-4



(From left) Master Sgt. Anthony Wyatt, SARC; Brig. Gen. Eric L. Sanchez, commander; Command Sgt. Major Finis Dodson, senior enlisted leader; and Chief Warrant Officer 4 Sherrie Campbell, SHARP program manager, all with the 94th AAMDC, initiate the unit's yearlong sexual assault awareness initiative by tying a teal ribbon to the SHARP tree.

Garuda Shield 14 comes to an end

SGT. BRIAN ERICKSON 3rd Brigade Combat Team Public Affairs 25th Infantry Division

PUSLATPUR, Indonesia - Indonesian and American Soldiers clapped their hands, stomped their feet and lifted their voices in a fraternal motivational chant they'd created, together, to conclude Garuda Shield 14, Sept. 29.

Warriors from the 25th Combat Aviation Brigade, 25th Infantry Division; 29th Inf. Bde. Combat Team, Hawaii Army National Guard; and the 2nd Bde., 2nd Inf. Div. (from Joint Base Lewis-McChord, Washington), joined together with soldiers of the Tentara Nasional Indonesia Angkatan Darat (TNI-AD) Kostrad on the parade field of an Indonesian marine base,

here, for a closing ceremony. "As we all understand, this joint exercise is an



Brig. Gen. Bryan P. Fenton (right), deputy commander-Operations, 25th ID, and Maj. Gen. Mulyono, commander, Strategic Reserve Command, TNI-AD, speak at the closing ceremony of Garuda Shield 14, Sept.

See GS14 A-4



HAWAI'I

paper, produced in the interest of the U.S. Army community in Hawaii by the U.S. Army-Garrison Hawaii Public Affairs Office. Contents of the HAW are not necessarily the official views of, or endorsed by, the U.S. Government or the Department of

The HAW is printed by the Honolulu Star-Advertiser, a private firm in no way connected with the U.S. Govt., under exclusive written agreement with U.S. Army, Hawaii.

The HAW is published weekly using the offset method of reproduction and has a printed circulation of $15,\!300.$ Everything advertised herein shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

The appearance of advertising herein, including inserts and supplements, does not constitute endorsement by the Dept. of the Army, or the Honolulu Star-Advertiser, of the firms, products or services ad-

Commander, U.S. Army Garrison-Hawaii Col. Richard A. Fromm **Garrison Command Sergeant** Major

CSM Louis C. Felicioni **Director, Public Affairs** Dennis C. Drake 656-3154 Chief, Internal

Communication Aiko Rose Brum, 656-3155 aiko.brum@us.army.mil **News Editor** John Reese, 656-3488

news@ hawaiiarmyweekly.com Pau Hana Editor Jack Wiers, 656-3157 community@ hawaiiarmyweekly.com

Staff Writer and **Photo Editor** Karen A. Iwamoto, 656-3150 reporter@

hawaiiarmyweekly.com Layout

Estrella Dela Cruz-Araiza Advertising: 529-4700 Classifieds: 521-9111

Address: Public Affairs Office 948 Santos Dumont Ave., WAAF Building 105, 2nd Floor Schofield Barracks, HI 96857-5000

Website: www.hawaiiarmyweekly.com Nondelivery or distribution

656-3155 or 656-3488 Contributing Commands U.S. Army-Pacific Russell Dodson, 438-2662 25th Infantry Division

MSG Rodney Jackson, 655-6354 2nd Stryker Brigade

Combat Team SSG Carlos Davis, 655-9461 3rd Brigade Combat Team CPT Tanya Roman,

655-1083 25th Combat Aviation **Brigade CPT Richard Barker**

656-6663 8th Theater Sustainment Command

SFC Mary Ferguson, 438-1000 311th Signal Command (Theater)

Liana Kim, 438-4095 94th Army Air & Missile **Defense Command** SSG Jaquetta Gooden, 438-2945 9th Mission Support Command

Brian Melanephy 438-1600, ext. 3114 18th Medical Command (Deployment Support) SSG Nicole Howell. 438-4737

Tripler Army Medical Center Ana Allen, 433-2809 U.S. Army Corps of **Engineers-Honolulu District** Joe Bonfiglio, 835-4002

500th Military Intelligence Brigade SSG David Padilla, 655-1237 599th Transportation Surface Brigade

Donna Klapakis, 656-6420 USAG-Pohakuloa Dennis Drake, 656-3154

Police Call

Parking on post is all about that space

Director, Emergency Services, U.S. Army Garrison-Hawaii, and Commander, 8th Military Police Brigade, 8th Theater Sustainment Command

While garrison leaders recognize the high volume of vehicles that travel through, and park on, the installations, daily, the Directorate of Emergency Services is requesting support at all levels to reduce the number of parking infrac-

The leaders understand that, with a servicing population of over 102,000, there may not be adequate parking spaces near where you want to park. However, due to the small size of the individual installations, it isn't possible to provide additional parking spaces.

All employees and visitors on the in-

stallation are encouraged to walk, bike or

carpool to their desired destination. Do-

ing so will help alleviate the parking con-

gestion, as well as some of the frustra-

tions of not being able to find a close

DES receives multiple parking com-

plaints on a daily basis. The complaints

come from every imaginable location.

Between July and September, there were

157 parking violations on garrison in-

Policy Memorandum USAG-HI-14

regulates parking on the installation. Its

purpose is to establish a policy that pro-

motes the most efficient use of on- and

off-street parking, and details how it

park only in marked parking stalls and

The memo states that all vehicles will

stallations.

achieves this goal.



Miller

located at the end of parking lanes. The memo strictly prohibits individuals from parking any type of vehicle in various places, including sidewalks, crosswalks, grassed or seeded areas, along yellow or red curbs, on yellow or white marked roadways, and





There's a variety of signage to designate specific parking places. If you're not authorized to use the space, your car is subject to ticketing or towing. Check with DES if you're uncertain.

Parking outside of designated areas impedes the flow of traffic and can cause unwanted congestion and accidents.

There are 12 specified prohibited parking areas listed in the policy memorandum. The only time parking is permitted in these areas is when it's necessary to avoid conflict with other traffic, at the direction of law enforcement personnel or when specified by an official traffic control device.

In addition to parking in marked stalls, personnel must ensure that they do not park in stalls marked for other purposes, such as handicapped or reserved parking stalls. Parking spaces marked "Handicapped" are for the exclusive use of personnel who are handicapped and display a state-issued permit or a Tripler Army Medical Center-issued temporary decal for handiPolice Call Roll-up

The following occurred on U.S. Army-Hawaii installations, Sept.

•Traffic Violations 14 driving without insurance

10 speeding 2 no driver's license

2 suspended license

39 safety (motorcycle PPE, seatbelts, helmets)

38 parking

25 registration

12 mobile device

10 stop sign

10 no license/permit in vehicle

8 speeding

7 failure to use seatbelt 6 limitations on backing 37 other moving violations

Other Violations

4 driving under the influence 9 larceny of private property

15 domestic violence

3 unauthorized entry 2 drugs

4 wrongful property damage

2 unattended children



Photos by U.S. Army Garrison-Hawaii

This car was parked, Wednesday, in a lane, complete with a sunshade in place.



Parking is tight on Wheeler Army Airfield, and Soldiers have gotten into the habit of parking on the grass.

capped parking.

Parking in marked reserved stalls is prohibited from 6 a.m.-6 p.m., daily, or while the activity is operational (e.g., the Commissary or Post Exchange). Individuals may park in a reserved stall outside of these hours, except under special circumstances.

Violators of parking regulations on garrison installations are subject to a ticket. Violators of handicapped parking regulations will be issued a Central Violations Bureau Summons and are subject to fines.



According to DES, this motorcycle is parked correctly because it isn't a specially reserved space.

Additionally, according to Policy Memorandum USAG-HI-16, the receipt of four parking tickets within one year will result in the suspension of an individual's on-post driving privileges for a minimum of 90 days.

While finding a front row parking spot can be convenient, parking illegally could cause more problems than benefits. Consider whether walking a few hundred extra feet to and from your vehicle is worth it as opposed to walking everywhere because your driving privileges are suspended!

F TSTEPS in FAITH

Clichés should be avoided like the plague

CHAPLAIN (CAPT.) **MATTHEW MCCRANEY**

3rd Squadron, 4th Cavalry Regiment 3rd Brigade Combat Team 25th Infantry Division

I hate cliché' sayings.

You might say I have an ax to grind, but at the end of the day, I have to go with my gut, roll with the punches and pontificate their uselessness.

And while, yes, I just used four clichés in one sentence, my point is valid; they are useless, sometimes even dangerous.

Take for instance the old cliché "God never gives you more

than you can handle." What a load of garbage! It makes as much sense as a screen door on a submarine. (I have to stop with the clichés.)

McCranev

It sounds nice and comforting, but when we stop to examine it closely, not only is it untrue, it's really not even that

There is a subtle lie that is embedded within this saying that goes something like this: You can handle anything on your own, just do more, try harder and persevere. You can pull yourself up by your bootstraps. (Wow, writing without clichés is hard!) And when you do, God will grant you success.

While many people would like to believe this, life simply doesn't work like that. If we take a moment to think about the reality of life and all of the difficult situations we have faced, we realize God often gives us a lot more than we can

There are things I can't handle. There are situations I can't control. And while this may be a shocker for my wife to hear me admit, there are things in life that I just don't know how to do.

My life is not completely within my ability to determine. I need help, I need other people and I need God.

Life is not an individual sport. Not only were we created to be in community with other people, we simply couldn't live without others.

Remember the movie "Castaway" with Tom Hanks? The movie is quoted so often it's almost a cliché in itself at this point. Hanks' character becomes so unhinged that he creates Wilson, a ball with a face drawn on the side for someone to talk to. And at the end of the day (sorry, I just can't stop myself with the clichés), he would rather risk dying on the open sea than continue to live in

This illustrates an important concept: No matter how hard we try, there are just some things we cannot handle on our own. Some problems are greater than us, and they are certainly greater than our clichés.

Perhaps we should rewrite that cliché. Instead, it should say "I can never give God anything he can't handle, but I'm not God. I need help sometimes." We need help from time to time. We need to reach out to those around us for support.

September was Suicide Awareness month for the Army, and with the recent suicide of comedian Robin Williams, it's a pretty relevant topic. From the outside, Williams' life looked great. He was successful, respected and wealthy. Yet, he was given more than he could handle on his own.

Feeling overwhelmed and thoughts I'm incorrigible.)

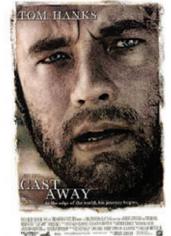


Photo courtesy Twentieth Century Fox

"Wilson!" is one of the movie references used to the point of cliché.

of suicide go hand-in-hand. When you get to that place of feeling overwhelmed, realize God did not create you to go it alone. He did not create you for isolation, but for community.

Reach out, seek help and avoid unhelpful clichés like the plague. (I know.

Energy Awareness Month "What are some of the things you or your family do to save energy?"

Photos by Staff Sgt. Carlos R. Davis, 2nd SBCT Public Affairs



'We shut off the thermostat when we leave the house, turn off and unplug fans and things.

Staff Sgt. David Besikof Chaplain assistant, 2nd SBCT, 25th ID



"Turn off lights whenever we leave a room, use water sparingly .. we also recycle."

Maj. Cheree **Browne** Information operations officer 2nd SBCT, 25th ID



when not using them, our air conditioning on 74 degrees and we unplug electronics.'

"Keep lights off

Staff Sgt. **Kenneth Griffin** Networks operations NCO, HHC, 2nd SBCT, 25th ID



and windows when using the air conditioning ... solar panels to help reduce the electric bill."

Staff Sgt. John T. Ground IV Chief, info tech team, HHC, 2nd SBCT, 25th ID



lights are shut off when we leave the house. We unplug appliances when we are not using them." Sgt. Matthew

Taggart Human intelligence collector, HHC, 2nd SBCT, 25th ID

SOLDIERS HAWAII ARMY WEEKLY OCTOBER 10, 2014 | A-3

USARPAC welcomes two new stars

STAFF SGT. KYLE J. RICHARDSON U.S. Army-Pacific Public Affairs

FORT SHAFTER — Soldiers, community leaders, family and friends gathered, here, to welcome the new U.S. Army-Pacific chief of staff, Brig. Gen. Todd McCaffrey, and deputy commanding general, U.S. Army Reserve, US-ARPAC, Brig. Gen. Brian Alvin, during a Flying "V" Ceremony at historic Palm Circle,

McCaffrey and Alvin come to USARPAC with a combined total of more than 50 years of experience.

"It's always good to gather here, especially when we have the occasion of welcoming new players to our team and new families to our USARPAC Ohana," said Gen. Vincent Brooks, commander, USARPAC. "Today, we're welcoming two generals from different parts of our bench, and each brings a family and deep well of experiences that will surely benefit the U.S. Army-Pacific and the joint team, U.S. Pacific Command."

McCaffrey comes to USARPAC with more than 28 years of service.

"As (Brooks) pointed out, this is a theater of both immense complexity and great opportunity," said McCaffrey. "I recognize how privileged we are to serve here during this period of renewed Army atten-



tion to the Pacific, and the historic threads of continuity that renewal demonstrates to our partner nations and sister service components." Alvin comes to USARPAC to be the new

deputy commanding general, U.S. Army Reserve, USARPAC, and as the first USARPAC general to fill a new position, the director of Army Reserve Engagement Cell.

"(The Engagement Cell is a) key global role that provides a flexible, well-trained force of enablers to support USARPAC with the capabilities to meet the needs of an increasingly challenging dynamic Indo-Asian Pacific region," said Alvin. "This is an exciting time to serve in the Pacific, and I am truly honored to join this team of professionals and experts."

"The strength of our Army is our Soldiers, the strength of our nation is our Army, (and) the strength of our Soldiers is our families," said Brooks. "Now, these things together are what make our Army strong.

"A benefit of being Army Strong is having an extraordinary bench of talented leaders upon whom we can call to move into challenging positions while making the Army even stronger, even better," Brooks said.

(Top) Brig. Gen. Todd McCaffrey, U.S. Army Pacific chief of staff, delivers his speech during a Flying "V" ceremony honoring his arrival to USARPAC, Oct. 7.

(Bottom) Col. Joel Clark, commander of troops for the ceremony, leads the troops who make up the Flying "V", Oct. 7.





Staff Sgt. William F. Sallette IV, U.S. Army-Pacific Public Affairs

Plan for safe **Columbus day** weekend

LT. GEN. DAVID D. HALVERSON

Commander

U.S. Army Installation Management Command

SAN ANTONIO — Columbus Day has been a federal holiday since 1937.

Each of you deserves some rest and relaxation. Celebrate and enjoy this time off with your family and friends.

As you embark on your long weekend, please be careful and emphasize safety. If you are traveling, go online and check out the unique hazards of the location you plan to visit. Columbus Day often



Halverson

means one last trip to the coast. Think

safety: Never swim alone, always use sunscreen and don't let alcohol impede your judgment. With seasonal changes approaching, con-

sider using this weekend to prepare for winter risks and hazards. Remember and remind your coworkers of the factors brought by the fall, like shorter days, much cooler nights and foraging wildlife.

Past harsh winters taught us to be proactive in not only identifying hazards around the house, but also doing minor maintenance, such as checking and insulating

water pipes, before harsh weather transforms mi-

nor problems into major damage. National Fire Prevention Week

also kicksoff during

this holiday week-

end, Oct. 5-11. For those of us relaxing at home, now is a good time for a preseason inspection of heaters and

for testing and replacing smoke detector batteries. More helpful fire prevention tips can be

found here: www.nfpa.org/safety-information/fire-prevention-week.

Finally, limit the use of alcohol. If you drink, don't drive. Have a designated driver.

The Army Safety Center has several tools you can use (https://safety.army.mil/) to plan a road trip and keep you and your family from harm.

Command Sgt. Maj. Jeffrey Hartless and I are extremely proud of all that you do for our nation's Army. IMCOM supports our warfighters across the globe and our people are the key to our success.

Enjoy your weekend. You earned it. Army Strong!

A-4 | OCTOBER 10, 2014 HAWAII ARMY WEEKLY

U.S. troops partner with Kiwi's for Lightning Strike

STAFF SGT. CARLOS R. DAVIS

2nd Stryker Brigade Combat Team Public Affairs 25th Infantry Division

WAIOURU, New Zealand — Soldiers from Company A, 1st Battalion, 14th Infantry Regiment, 2nd Stryker Brigade Combat Team, 25th Inf. Division, participated in Lightning Strike,

The mission to New Zealand was an emergency deployment for the Soldiers as the quick reaction force company, explained Capt. Michael Crain, commander, Co. A.

"We were testing the system of being alerted, marshaling and deploying, as well as our ability to conduct partnered operations with regional partners," said Crain.

Approximately 120 Soldiers from 1-14th Inf. Regt. participated.

"Exercise Lightning Strike demonstrated our ability to engage in training with our regional partners and our ability to prevent conflict in the Pacific's area of responsibility," said Crain. "It really showed our ability to deploy and support any of our allies, here, in the Pacific."

Part of the training included infantry tactics familiarization to increase the capabilities of operating in urban areas.

"The terminology between the U.S. and coalition forces is pretty much the same, except for a few acronyms thrown in from here and there," said Staff Sgt. Joshua Guilford, squad leader. "Training alongside of them was easy. They adapted to our styles and techniques, and we **Lightning Strike**

The two-week exercise is designed to enhance military-to-military relations between participating forces while supporting the development of the host nation's capabilities.

adapted to theirs. I gave them a class on how to enter and clear a room by force and was able to teach them some of our techniques like one man up and ready up.'

Before departing New Zealand, the Americans learned about Kiwi culture and received briefs on their military history and customs.

'The culture experience was pretty cool. ... It goes back for generations. We were able to go out into their town, and they have a lot of beautiful sights over there," said Guilford. "We learned about their past history, how they came to be, and the singing and dancing were pretty epic. It was something we don't have when it comes to Amer-

Realistic and challenging exercises bring Tropic Lightning Soldiers closer together while improving international relationships, and Alpha Co. worked together to develop lasting relation-

'This is something I would probably never be able to experience again in my military career," said Spc. Zachary Dahlgren, infantryman. "There wasn't a big language barrier, so talking and in-



Sgt. Christopher Hammond, 2nd Stryker Brigade Combat Team Public Affairs

U.S. and New Zealand soldiers became familiar with each other's weapons systems and cultures as part of exercise Lightning Strike in Waiouru, New Zealand, Sept. 26.

teracting with their Soldiers was pretty easy."

'We alerted everyone and had everyone go through the deployment sequence that ranges from palletizing our equipment to loading it onto a C-130 aircraft, and then deploying to another

country," said Crain. "This training allowed us to put our prior training into action. It allowed us to deploy without any notice and test our ability to integrate our army into the ranks of a partnered nation, and successfully conduct a mission."

SHARP: '94th raises awareness from a month to a year

CONTINUED FROM A-1

ceremony, Sept. 5, to tie a teal ribbon to the SHARP tree, located in the center quad of the command's headquarters building, here.

"This ceremony was specifically dedicated to all Soldiers, past and present," said Chief Warrant Officer 4 Sherrie Campbell, SHARP program manager for the command. "It was a clear representation of the 94th AAMDC's stance in unity against any and all offenses of sexual harassment or sexual assault. It also demonstrated that the 94th AAMDC is the first line of defense, the force behind the fight all year and not just in April. For the Sea Dragons, this fight is indefinite.

The SHARP tree is routinely incorporated as the foundation of all Soldiers' in-processing upon their arrival to the unit.

'This reflects the (commanding general's)

intent on keeping sexual harassment and assault prevention first and foremost in everyone's mind over the entire next fiscal year, instead of exclusively during one month," explained Wyatt. "This tree is used for everyone in the unit. All of the newcomers to the unit take time to place a tree branch with their name onto the SHARP tree. This signifies the unity and importance that each service member provides to this unit, and how when united together, they are a greater part of a

The tree is a symbol of family, unity, hope and love, Campbell explained.

'We place the branches on the tree to represent becoming a part of a new family, therefore standing together, rooted and grounded, against any and all infractions, and any unseen enemy that may try to attack our family, breaking the fabric of having ready and

resilient Soldiers," she said. "SHARP is imperative to keeping our unit ready and resilient."

Sexual harassment/assault violates everything we stand for, including Army values and warrior ethos, Wyatt emphasized.

"The 94th AAMDC aggressively addresses sexual harassment and assaults by first focusing on prevention through education and training," she said.

The Sea Dragon leaders encourage reporting and work hard to reduce the stigma associated with sexual violence. Once reported, the SHARP program allows them to focus on care for victims.

Through investigations and prosecutions, to hold offenders accountable, the 94th AAMDC continually assesses the effectiveness of its response and its prevention efforts to ensure the Army is meeting the needs of its Soldiers, civilians and family members.

GS14: Indonesian, **US** armies partner

CONTINUED FROM A-1

excellent medium for us to improve skills and professionalism of the Soldiers, as well as the tools to promote the cooperation and friendship between these two armies," said Maj. Gen. Mulyono, commander, Strategic Reserve Command, TNI-AD.

"While these tasks, skills and training exercises are important to our forces, the real success lies in the partnership these soldiers have developed during this event," said Brig. Gen. Bryan P. Fenton, deputy commander-Operations, 25th ID.

The armies' training emphasized jungle survival, mounted/dismount infantry operations, combined aviation training, medical care and humanitarian assistance, and it synchronized and executed combined tactical operations.

Sea Dragons impress in Valiant Shield 2014

Story and photo by

SGT. 1ST CLASS JAQUETTA GOODEN

94th Army Air and Missile Defense Command Public Affairs

ANDERSON AIR FORCE BASE, Guam — The senior leadership team of the 94th Army Air and Missile Defense Command conducted a site visit, here, Sept. 21, during exercise Valiant Shield 2014.

Brig. Gen. Eric Sanchez and Command Sgt. Maj. Finnis Dodson toured the 94th AAMDC Planning and Control System site and received a back brief highlighting the overall success and the challenges that were faced during the war-gaming exercise.

"Seeing these capabilities that we use in our day-to-day operations in the Air Operations Center being integrated into this joint exercise for the first time ... enhances our warfighting skills in a combat environment," said Sanchez.

The system supports air defense operations and allows the 94th to consolidate and coordinate with all the Army air defense assets in the region.

"This impressive technology enables the joint services to work together, to sharpen our collective ability to provide organized command and control and data links needed by our joint part-



ners, and to respond to any contingency where it matters, when it matters," said Capt. Lee C. Humphrey, battle captain, 94th AAMDC.

The command team also visited the Patriot missile site manned by Battery C, 1st Battalion, 1st Air Defense Artillery Regiment, and received a brief highlighting the accomplishments at Valiant Shield.

"The experience and lessons learned are unbelievable," explained Sanchez. "We have captured things that we can improve on in the future, along with some things that we will sustain, as well."

Both units were faced with multiple challenges throughout the exercise, enabling the Soldiers to gain experience in a joint environment and

Valiant Shield 2014

It's the largest biennial exercise to focus on the integration of joint training bringing together an estimated 18,000 Soldiers, Sailors, Airmen and Marines.

Valiant Shield helps the U.S. in continuing to develop regional and global power projection capabilities that provide a full range of options to succeed in defense of its interests and those of its allies and partners around the world.

bring back the knowledge to their commands.

"Without the support of our Marine and Air Force counterparts, we wouldn't have had the success that we have had while here in Guam," said Lt. Col. Benjamin Ogden, commander, Btry. C, 1-1st ADA. "It was also great for the CG to see all that the Soldiers have accomplished while here at Valiant Shield. We are not a unit that generally deploys, and their ability to rapidly deploy our capabilities and integrate quickly into the joint environment speaks volumes."

The 94th AAMDC and 1-1st ADA are the first Army units to participate in Valiant Shield, noted Sanchez. They now join the other services in the annual joint exercise.

Talon runs and rucks with Airmen to recognize POWs/MIAs

Story and photo by SGT. 1ST CLASS JAQUETTA Z. GOODEN

GT. 1ST CLASS JAQUETTA Z. GOODEN

94th Army Air and Missile Defense

Command Public Affairs

ANDERSON AIR FORCE BASE, Guam — Task Force Talon (TFT) participated in a series of different events, here, put together by the 36th

here, put together by the 36th Wing Security Forces Squadron to recognize prisoners of war and those missing in action. The weeklong activities took

place Sept. 15-19, beginning with a 4-mile memorial ruck march by several teams from the various units, here.

"The teams had to include one officer, one senior noncommissioned officer and one female Soldier," said Sgt. Maj. Johnny Woodley, TFT senior enlisted leader. "Each team needed at least 10 Soldiers to sign up."

The Soldiers took first place in the 4-mile ruck march, building camaraderie and giving TFT

bragging rights over the other competitors.

"It was a chance to get out there for a good cause and have some fun," said Spc. Courtland Cansler, Security Forces. "It was a healthy competition between the other services, giving ev-

> erybody a chance to show what their service is made of, while honoring the POW/MIA service members."

> Competitors also participated in a 5k fun run, followed by a 24-hour vigilance run. Each unit's team was responsible to continuously run for an hour in honor of prisoners of war or those declared missing in action.
>
> "It was a lot of fun. TFT had

the midnight shift, and we all took turns running for the hour. We cheered on and motivated each other," said Sgt. Naytasha Russell, intelligence analyst. "Events like these really help build esprit de corps and morale with-

Woodley noted that the participants should

National POW/MIA Recognition Day

Observances are traditionally held on military installations, ships at sea, state capitols, schools and veterans' facilities on the third Friday in September. This year the date fell on Sept. 19.

The purpose is to remember those who were prisoners of war and those who are still missing in action.



Task Force Talon participates in a commemorative 24-hour vigilance run at Anderson Air Force Base, Guam, Sept. 19, for National POW/MIA Recognition Day.

feel honored to be involved in recognizing POWs/MIAs.

"Having the opportunity to come out and sup-

port this day by rucking and running for those who sacrificed so much for their country is a reward in itself," said Woodley.

A-6 | OCTOBER 10, 2014



Send announcements for Soldiers and civilian employees to news@ hawaiiarmyweekly.com.

Today

Flu Season — U.S. Army Health Clinic-Schofield Barracks has initiated its 2014/2015 flu vaccination campaign

Beneficiaries enrolled at USAHC-SB Family Medicine and Pediatric clinics may now walk in to the clinic to receive the influenza vaccination there.

Family members can also receive the flu vaccine during any scheduled appointment.

Call the Flu Hotline at 433-1FLU

•Family Medicine Immunizations Bldg. 682, first floor.

Monday, Friday, 7:30-11:30 a.m., 1-3 p.m.

Tuesday, Wednesday and Thursday, 7:30-11:30 a.m., 1-2 p.m.

•Pediatrics Immunizations

Bldg. 680, first floor.

Monday-Friday, 8-11 a.m.

Monday, Tuesday, Thursday and Friday, 1-3 p.m.

CFC — There's still time to participate in the Combined Federal Campaign, the world's largest and most successful annual workplace charity campaign.

CFC has more than 150 national and international campaigns raising millions of dollars each year. Charities are broken down to make it easy to find the right match for your donations.

DOD employees nationwide have the opportunity to give to the campaign through Dec. 15.

Visit CFC at www.defense.gov/



HAWAII ARMY WEEKLY

VA Town Halls — On Wednesday, Veterans Affairs announced that all VA health care and benefits facilities will continue to hold quarterly town halls to improve communication with, and hear directly from, veterans nationwide. This follows the recent completion of VA town halls held August-September.

Details of events at each location will be forthcoming from local facilities. Additionally, VA is looking to continue to improve the town hall notification process, making sure we have the benefit of extensive local input.

In addition to veterans and their families, the quarterly meetings are open to congressional stakeholders, veterans' service organizations, nongovernmental organizations and other community partners.

11 / Saturday

Living History Day — See history come to life at the Tropic Lightning Museum, Schofield Barracks, 10 a.m.-3 p.m. Civil War re-enactments take place at 10 a.m. and 12:30 p.m., a K-9 demonstration at noon and 2 p.m., and a children's sidewalk chalk contest at 2:30 p.m. Call 655-0438.

Ongoing

SNAP Benefits — The federally funded SNAP program provides crucial food and nutritional support to qualifying low-income and needy households. State agencies determine applicant eligibility and monthly benefits. For more details about SNAP and other Department of Human Services benefits, visit www.humanservices. hawaii.gov/bessd/snap.

SSVF — An additional \$207 million in Supportive Services for Veteran Families program grant awards will help an additional 70,000 homeless and at-risk veterans and their families. Call (877) 222-8387.

Platelets — The Tripler Blood Donor Center needs donations of platelets, which are essential to saving lives as a component of blood that helps to stop bleeding. Donors may watch TV or read while they're donating. Call 433-6148 for details.



Traffic Report lists road, construction and noise advisories received by press time from Army and Hawaii Department of Transportation (HDOT) sources.

Visit www.garrison.hawaii.army. mil/info/trafficcalendar.htm for the latest Army traffic advisories.

Unless otherwise noted, all phone numbers are area code 808.

Today

Veterans in Hawaii — A new law recognizes veterans who are Hawaii residents by a veteran designation on Hawaii driver's licenses, instruction permits and state identification cards, ending the need for veterans to carry their DD-214 to prove that they served.

Businesses across the country give discounts to veterans with proof of military service. However, since most veterans do not carry a copy of their DD Form 214 Certificate of Release or Discharge from Active Duty, or NGB Form 22, as evidence of their military experience or proof of veteran status, this

eran status, this designation is a simple way for veterans to be identified.

Forty-seven states have already passed some type of legislation to include veteran status on the state's driver's licenses or on a separate card.

Call 532-7730 or find the application at www1.honolulu.gov/csd/forms.htm.

TAMC Traffic — Thursday, Tripler Army Medical Center initiated a traffic pattern change. Now, weekdays (excluding holidays), 2-5 p.m., the merge at the gate is located after the speed bumps on Krukowski Road and the left lane for outbound traffic begins after the traffic board.

Kahauiki Kontinues — Intermittent, hourlong, full-bridge closures take place, today, 9 a.m.-5:30 p.m., and again on Oct. 11, 13 and Nov. 10. Lane closures will be 24 hours a day through Nov. 10.

Closures start at Funston Road and Kahauiki Stream Bridge, ending at the intersection of Annex Road and Kahauiki Stream Bridge.

11 / Saturday

Stream — There will be a full road closure, 9 a.m.-11:30 p.m., of Fort Shafter Flats Stream Road from the intersection of Stream and Signal roads to the intersection of Stream and Kahauiki Stream Bridge for construction work. The primary detour will be Mokumoa Street.

14 / Tuesday

Modified Traffic Flow — There will be a road closure at Schofield's Aleshire Avenue, near Bldgs. 2027 and 2087, for utility installation. Traffic will be redirected to alternate routes until Oct. 29.

Signal Road — A full road closure takes place at Signal Road, adjacent to Suehiro Road, for removal and installation of a new roadway security manual bollard system, 7:30 a.m.-4:30 p.m., Oct. 14-31.

Wili Wili Won't — There will be a one-lane closure near the entrance to Wili Wili Housing, 8 a.m.-3:30 p.m., daily. The area north of Wili Wili housing and old Airdrome Road will be restricted to one lane traffic until Oct. 17.

Scheduled Electrical Outage for HMR — There will be an electrical outage for Helemano Military Reservation housing units, Bldgs. 2186 and 2184, 8:30 a.m.-2:30 p.m., and again on Oct.16, for renovations. Call Directorate of Public Works at 656-7051.

18 / Saturday

Schofield Outage — An hourlong power outage begins at 7:30 a.m. for the following buildings: 9, 11, 12, 13, 14, 15,360, 361, 408, 414, 449, 450, 451, 452, 472, 488 A and B, 500, 508, 514, 524A and B, 541A and B, 555, 556 A and B, 557, 572 Sills Field, 578, 580, 589, 604, 608, 618, 622, 660,

645, 649, 650, 651, 689, 690, 691A 691B, 692, 699A and B, 700, 790, 791, 784, Hamilton Field, 2056, 2060, 2064, 2065, 2070, 2071, 2091, 2101, 2102, 2104, 2105, 2106, 2108, 2109, 2109A and B, 9000, 9002, 9004, 9006, 9008, 9010, 9012, 9014, 9016, 9018, 9020, 9022, 9024, 9026, 9028, 9030, 9032, 9034, 9036, 9038, 9040, 9042, 9044, 9046, 9048, 9050, 9052, 9054, 9056, 9058, 9060, 9062, 9066, 9068, 9091, 9098, 9100, 9102, 9104, 9108, 9110, 9112, 9114, 9116, 9118, 9120, 9122,9124, 9126, 9128, 9130, 9132, 9134, 9136, 9138, 9140, 9142, 9144, 9146, 9148, 9150, 9152, 9154, 9156, 9158, 9160, 9162, 9164, 9166, 9170, 9172, 9174, 9176, 9178, 9205, 9211,

The outage is required to support the Castner substation renovation project.

9215, 9246, 9256, 9251.

20 / Monday

HMR — There will be lane closures on Paalaa Uka Pupukea Road, Helemano Military Reservation, until Halloween, for construction. The work will be done in two phases:

•Paalaa Uka Pupukea Road exit bound lane, and;

•Paalaa Uka Pupukea Road inbound lane, (24-hour lane closure), Oct. 21-31.

Vehicles will be contra-flowed into the open lane while entering or exiting HMR.

29 / Wednesday

Water Outage — Six houses (6314, 6315, 6318, 6319, 6322 and 6323) on Aliamanu

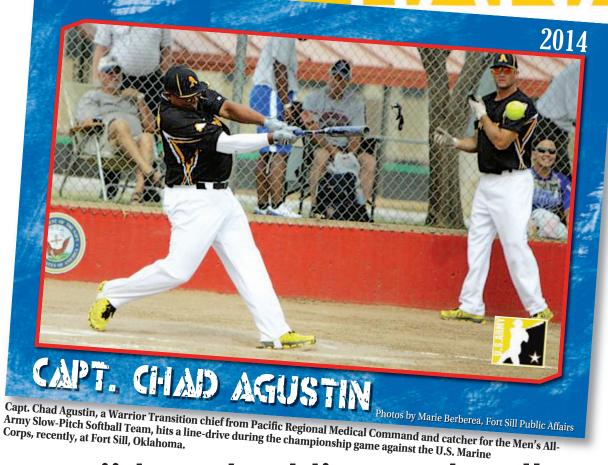
Military Reservation's Nim Place in the Skyview community will have their water

turned off, 8 a.m.-2 p.m.

November

22 / Saturday

Modified Traffic Flow — Both outbound lanes on Trimble Road will be closed 6:30-8 p.m., Nov. 22, to support the Turkey Trot 5K. Trimble outbound lanes will be closed from Cadet Sheridan to Mellichamp Street. Call 656-5369.







Hawaii-based Soldiers make All-Army Softball history

SGT. JON HEINRICH

8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS — Five Hawaiibased Soldiers joined their All-Army Softball teammates in making history by winning the Army's third gold medal in a row during the Armed Forces Softball Tournament at Fort Sill, Oklahoma, recently.

The team, which consists of 15 Soldiers from across the entire Army, won its final game, 19-15, against the U.S. Marine Corps.

"This was my third gold medal, and it was by far the most challenging one to achieve," said Spc. Marshall B. Woods, the training room noncommissioned officer with 125th Financial Management Company, 45th Special Troops Battalion, 45th Sustainment Brigade, 8th Theater Sustainment Command.

Woods, a four-year veteran of the team and the 2014 team co-captain, said this was the most satisfying experience in his All-Army career, and that it was amazing to accomplish something so meaningful to the program.

For Woods, playing this year gave him a different aspect of being a part of the team.

"Every year prior, I went to camp, kept my head down and listened to the veterans and team captains for advice and guidance," said Woods. "This year, I was one of the guys that people were looking up to. It was a very unique and memorable experience for me, and I will forever remember this year's team for their perseverance and ability to perform under pressure."

The team saw three new players this year from Hawaii:

•Capt. Chad Agustin, a Warrior Transition chief from Pacific Regional Medical Command and the team's catcher;

•Infielder Sgt. Mark Proctor, a satellite network controller from 53rd Signal Battalion playing infield;

•Infielder Staff Sgt. Bobby Wilkins, a fire direction chief with 3rd **Brigade Combat** Team,

25th Infantry Division; and

•Outfielder Sgt. 1st Class Shawn Moriarty, an S2 NCOIC in 2nd Stryker Brigade Combat Team, 25th ID.

"It was a great experience," said Agustin. "It allowed me to challenge myself through times of injury or adversity. It also made me realize the faith that I had in my teammates when we

were down and trying to catch up from being behind."

"For me, it was very eye-opening," said Proctor. "It allowed me to gauge where I was, talent-wise, and also learn some new things from guys that have been playing softball a little longer than myself."

"For now, we go our separate ways and savor this championship," Woods said. "We will all see each other again at other tournaments, probably playing on separate teams. But we will always be brothers and will always have the special bond of being champions together."



Hawaii-based WTB adds to medal count at Warrior Games

Pacific Regional Medical Command Public Affairs

HONOLULU — Army team wounded warrior athletes, Maj. Ray O'Donnell, Pacific Regional Medical Command (PRMC), and Sgt. Kawaiola Nahale, Warrior Transition Battalion-Hawaii (WTB-Hawaii), medaled in the Warrior Games swimming competition, Sept. 31, at the Olympic Training Center in Colorado Springs, Colorado.

O'Donnell takes home a Gold and Silver Medal in the S10 division, while Nahale earns two Silver medals in the Open Class swimming division.

Their victories contributed to the Army team winning 26 medals in the Warrior Games swimming event overall.

O'Donnell, who sustained polytrauma in 2007, said he felt honored to have been selected to represent the Army and had trained hard, daily, since the Army Trials earlier this year in preparation for the competition.

'The fact that I'm able to compete in sports again, I feel so fortunate," said O'Donnell. "But most of all, it's important to remember that we all made it home. Everybody who's competing here made it home, and it's so important for us to pay tribute and respect to the ultimate sacrifice paid by those who didn't come home."

Nahale, a breast cancer survivor, said participating in the games has given her an opportunity to focus on her strength.

History of WG Competition

Since 2010, approximately 200 wounded, ill and injured service members and veterans have competed annually at the Warrior Games, a unique partnership between the Department of Defense and U.S. Olympic Committee Paralympic Military Program.

Athletes representing the Army, Marine Corps, Navy, Air Force and Special Operations compete for gold in each of seven sports:

- Archery,
- Cycling,
- Shooting,
- Sitting Volleyball, • Swimming,
- Track and Field, and

Wheelchair Basketball.

Spc. Charles M. Bailey

Maj. Raymond O'Donnell, Pacific Regional Medical Command, Hawaii, a member of the Army team, swims laps in preparation for the swim event during the 2014 Warrior Games at the U.S. Olympic Training Center, Colorado Springs, Colorado, Sept. 30. More than 200 service members and veterans participated in the 2014 Warrior Games, an annual event where wounded, ill and injured compete in various Paralympic-style events.

"I can just be around swimmers," said Nahale. "I don't have to think about what happened. Here I can tell another athlete I had

cancer, and they are like, 'ok, get in the water and push,' and that's what I like about it." According to a Warrior Transition Com-

mand (WTC) press release, the athlete's performance exemplified the resilient spirit of all Soldiers.



Briefs

11 / Saturday

Intro to Surfing — Learn to surf with Outdoor Recreation 8:30 a.m.-12:30 p.m. at Pokai Bay. Cost is \$59 per person and includes all equipment and transportation. Open to patrons ages 10 and over and must be able to swim. Call 655-0143.

Paint and Glaze — Have fun painting your carved ceramic pumpkin, 9:30-11:30 a.m., and display it on Halloween at the SB Arts and Crafts Center. Family-oriented workshop cost is \$40/large pumpkin and \$30/small pumpkin. Call 655-4202.

12 / Sunday

NFL Sunday Ticket — Don't let living off the West Coast interfere with those East Coast football games. Come to SB Tropics Recreation Center on Sundays and catch all the games. Facility opens half hour before the first game starts.

Tropics will also be open for Thursday Night Football and Monday Night Football. Patrons 18 and older welcome; call 655-5698.

NFL Sunday Ticket Family Brunch — Are you ready for some football? Bring the family out and watch all of your favorite teams play at SB Kolekole Bar & Grill every Sunday during football season. Brunch will be served for \$16.95/adult and \$7.95/child.

Doors open 1/2 hour before kickoff of first game. Fun, games and prizes all morning long. Call 655-4466.

14 / Tuesday

Manga Artist Visit — Come in and meet local manga artist Tara Tamayori, 3:30 p.m., at SB Sgt. Yano Library. If you're interested in manga and want to learn more about it, then you'll love this Q & A demonstration. No registration required. Call 655-

Mosaic Workshop —Learn to make your own mosaic piece, 5-8 p.m., at the SB Arts and Crafts Center. Learn to plan, design, cut, paint and grout your own creative piece Tuesday nights during October.

Workshop cost of \$80 includes supplies. Call 655-4202.

15 / Wednesday

Preschool Story Time —Take your toddlers (ages 3-5) to story time, 10 a.m., at the SB Sgt. Yano Library, with a different theme and story each

session. Call 655-4707.

HAWAII ARMY WEEKLY

Columbus Day Sale — Nagorski's Pro Shop Columbus Day sale runs through Oct. 15. All items \$20 or more will receive a discount of 20 percent off and 10 percent off all sale items.

Stock up on your golf equipment or snag a deal for the golf enthusiast in your life. Sale does not apply to special orders. Call 438-9484.

Keiki Night — Every Wednesday night is Keiki Night at SB Kolekole Bar & Grill. Kids under 10 eat for \$2.99 from the keiki menu from 5-8 p.m. Call 655-4466 or 438-1974.

18 / Saturday

Intro to Kayaking — Come play in the waves, sitting down in a specially formed kayak for surfing at Pokai Bay or Haleiwa with Outdoor Recreation. All equipment and transportation is provided. Open to ages 10 and older; cost is \$59 per person. Call 655-0143.

21 / Tuesday

FS Library Story Time — Join the experience for preschoolers and toddlers at 10 a.m. Call 438-9521.

22 / Wednesday

EDGE Home-School Adventure-Kayaking — In partnership with Outdoor Recreation, learn to kayak at White Plains Beach, Oct. 22, for \$20. Participants should be 1st-12th grade and must be proficient swimmers. Call 655-9818.

Ongoing

KinderJam — It's a high-energy music and movement program for children 1-5 years of age. Program will be offered on SB on Wednesdays and at AMR on Fridays. Parent participation is required. Call SKIES at 655-

Yoga Dance Class — Yoga dance class for 3-18 years old and Art of Middle Eastern Dance for 5-18 years at AMR and SB SKIES Studios. Cost is \$35 per month, per child. Call 655-9818.

Ballroom Dancing — Learn the dances from "Dancing with the Stars" at SKIES Unlimited Ballroom Class, 5 p.m., and at 6 p.m., Performance Ballroom. Open to children 10-18 years old. Cost is \$35 per month, per

RV/Boat/Jet Ski Lot — Not enough space? Store your recreation equipment with the Auto Skills Center. Cost is \$40 for 16-foot and below and \$50 for any above 16-feet. Call 655-9368 (SB Auto) or 438-9402 (FS

Workweek Lunch — Enjoy lunch from 11 a.m.-1 p.m for only \$10.95 per person at SB's Kolekole Bar & Grill and FS's Mulligan's Bar & Grill. Order off the menu or help yourself to the delectable, multi-item buffet.



Photo by Sarah Pacheco

SCHOFIELD BARRACKS — Pfc. James Armstrong (left), Headquarters and Headquarters Battalion, 25th Infantry Division, draws arms against Justin Vance, a history professor at Hawaii Pacific University, during a Civil War reenactment at a previous Living History Day at Tropic Lightning Museum, here.

Celebrate this year's Living History Day, 10 a.m.-3 p.m., Saturday, Oct. 11, at the Tropic Lightning Museum. Events include Civil War re-enactments, K9 demonstrations, music and dancing, and much more.



Photo courtesy of Tropic Lightning Museum

SCHOFIELD BARRACKS — Re-enactors play the part of Civil War Soldiers at a previous Living History Day at Tropic Lightning Museum and then spend their downtime entertaining themselves with music. Different eras, including the Revolutionary War are depicted by re-enactors in authentic attire at the event.

community Calendar

Send announcements a week prior to publication to community@ hawaiiarmyweekly.com.

Today

Flu Vaccines — Army Health Clinic-SB flu vaccines are now available for authorized patrons. Schofield Family Medicine flu immunizations are now available in the Red, White and Blue Family Medicine teams, 7:30-11:30 a.m., Monday-Friday; 1-3 p.m., Monday and Friday; and 1-2 p.m., Tuesdays through Thursdays.

Schofield Pediatrics immunizations are available for Honu and Gecko Pediatrics teams, 8-11 a.m., and every afternoon 1-3 p.m., except Wednesday, or with any scheduled appointment.

11 / Saturday

Mililani Town Center — The Royal Hawaiian Band performs at noon in the town center.

Pearlridge Farmers' Market - Browse more than 40 booths featuring Oahu produce and locally inspired artisan foods, 8 a.m.-noon, every Saturday, Pearlridge Center downtown, in the Sears parking lot. Visit www.haleiwafarmersmarket. com/pearlridge.html.

Kailua Block Party - The annual Cool Kailua Nights Block Party and NiteRun family event, 4:30-9:30 p.m., at the Whole Foods parking

lot, will feature rides, keiki activities, food, arts & crafts, a silent auction and live entertainment. Visit www.coolkailuanights.com.

UH vs. Wyoming Football — The University of Hawaii Rainbow Warriors face

off with the Wyoming Cowboys at 6 p.m. in a Mountain West Conference game. Fans are encouraged to purchase tickets online (www.Hawai iAthletics.com) or by phone (944-

The upper/lower Halawa parking lot (Gates 3 and 4) will open at 1 p.m., while all other lots at 2 p.m.

The swap meet will not be in operation on game day, but will open at 6:30 a.m., Sunday.

Free Waikiki Hula Show — Outdoor, informal Kuhio Beach hula show, 6:30-7:30 p.m., Tuesdays, Thursdays and Saturdays offers an introduction to this iconic and most essential sample of Hawaiiana. Call

843-8002; cameras are welcome.

17 / Friday

BayFest — Concert tickets for BayFest music concerts, including country musician Rodney Atkins and rock group Smash Mouth, are on sale for individual nights during the Oct. 17-19 festival at www.BayFestHawaii. com. Authorized patrons may also purchase tickets at any military ticket outlet beginning the same day.

BayFest includes three days of music and family fun at Marine Corps Base Hawaii, Kaneohe Bay. (See BayFest full story on page B-3.)

18 / Saturday

Adventurer — Erik Weihenmayer, the only blind person to climb the highest peaks on seven continents, will share his story "The No Barriers Life" as a free community event, 1 p.m., Oct. 18, at the Stan Sheriff Center on the UH Manoa campus. Doors open for the event at noon. Tickets are free (and required for admission) and available online at nobarriershi. eventbrite.com. Parking is \$6.

Flu Immunization — TAMC offers enrollees a Saturday flu drive in the Family Medicine Clinic, 8 a.m.-noon, Oct.18. If you are enrolled at Tripler Family Medicine and are 6 months of age or older, walk in and do your part in protecting yourself and everyone around you. Fight the flu!

BayFest BodySearch — Potential contestants are invited to enter for the 3 p.m., Oct. 18, event at Marine Corps Base Hawaii, Kaneohe Bay. Entrees will model fitness and swimsuit attire, and will be judged on personality, physique and interviewing skills.

A panel of judges will select the winners, and the first through third place male and female finishers will take home cash and prizes. Entry forms are available at www.BayFest Hawaii.com. Call 254-7597.

19 / Sunday

Mary Poppins — Diamond Head Theatre celebrates the opening of its 100th season with this beloved family story. Performances run through Oct. 19, Thursdays-Sundays. Call 733-0274 to charge by phone or purchase tickets online at www.diamondheadtheatre.com.

Ongoing

Free Study Programs -In alliance with the Department of Defense, eKnowledge is donating \$200 SAT and ACT training programs to military families worldwide. Students select the training they need. Call (951) 256-4076.

Calendar abbreviations

8th TSC: 8th Theater Sustainment Command 25th ID: 25th Infantry Division ACS: Army Community Service AFAP: Army Family Action Plan AFTB: Army Family Team Building AMR: Aliamanu Military Reservation

ASYMCA: Armed Services YMCA BCT: Brigade Combat Team BSB: Brigade Support Battalion Co.: Company CYSS: Child, Youth and School Services

EFMP: Exceptional Family Member Program FMWR: Family and Morale, Welfare and SB: Schofield Barracks

Recreation FRG: Family Readiness Group FS: Fort Shafter HMR: Helemano Military Reservation IPC: Island Palm Communities PFC: Physical Fitness Center

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills TAMC: Tripler Army Medical Center USAG-HI: U.S. Army Garrison-

Hawaii USARPAC: U.S. Army-Pacific WAAF: Wheeler Army Airfield

worship Services

Additional religious services, children's programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on "Religious Support Office" under the "Directorates and Support Staff" menu.)

AMR: Aliamanu Chapel Fort DeRussy Chapel Helemano Chapel Main Post Chapel,

Schofield Barracks Aloha Jewish Chapel, Pearl Harbor Soldiers' Chapel,

Schofield Barracks TAMC: Tripler Army Medical Center Chapel WAAF: Wheeler Army Airfield

Buddhist Services •First Sunday, 1 p.m. at FD

•Fourth Sunday, 1 p.m. at MPC Annex Catholic Mass •Thursday, 9 a.m. at AMR

Chapel

·Saturday, 5 p.m. at TAMC,

- WAAF Sunday services:
- 8:30 a.m. at AMR -10:30 a.m. at MPC Annex -11 a.m. at TAMC

•Monday-Friday, 11:45 a.m. at MPC and 12 p.m.TAMC **Gospel Worship**

•Sunday, noon. at MPC •Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- •Friday, 1 p.m. at MPC Annex •Friday, 2:30 p.m., TAMC •Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex
- Jewish Shabbat (Sabbath) •Friday, 7:30 p.m. at PH

Pagan (Wicca) •Friday, 7 p.m. at MPC Annex Room 232

Protestant Worship

•Sunday Services -8:45 a.m. at MPC

- -9 a.m., at FD, TAMC chapel -10 a.m. at HMR
- -10:30 a.m. at AMR
- -10:45 a.m. at WAAF (Spanish language)
- -11 a.m. at SC (Contemporary)

Liturgical (Lutheran/ Anglican)

•Sunday, 9 a.m. at WAAF

This Week at the Sgt#Smith Theater Call 624-2585 for movie

listings or go to aafes.com under reeltime movie listing.



Dolphin Tale 2

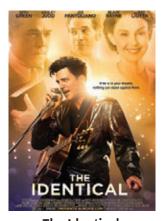
(PG) Fri., Oct. 10, 7 p.m. Sun., Oct. 12, 2 p.m.

How to Train Your Dragon 2

(PG-13) Sat., Oct. 11, 2 p.m.

The November Man

Sat., Oct. 11, 6 p.m.



The Identical

(PG) Thurs., Oct. 16, 7 p.m.

No shows on Mondays, Tuesdays or Wednesdays.

Consumer fraud thrives

GWEN GALLOWAY Army Emergency Relief

I recently received a voicemail from my bank's fraud department asking me to confirm a \$2,200 pending transaction.

Knowing I had no such pending transaction, my ears perked up at the thought of someone hacking into my account.

I continued to listen to the message and soon became amused when the very serious computerized voice told me to use my access number 0030, so the fraud representative could locate my report and so my credit card number would be ready to provide to the representative.

As a financial counselor and Army Emer-

gency Relief officer, I became excited at the thought of catching a thief in action. However, no one answered the phone when I called back, so I immediately called the number on my credit card to alert it of the scam.

That phone call served as a reminder that financial scams continue to abound in our soci-

The scams come in many forms and use the names of well-known financial institutions for criminal cover. For example, Navy Federal Credit Union was recently used in an email scam, telling the customer to "click on the link" if you did not authorize the transaction. Doing that allowed the customer's account to be hacked. It was only when the credit union alerted the customer did he realize his account had been hacked.

•Not just bank/credit union names are used to perpetrate scams. Western Union was used by a company called Mart and Wholesale Corp in a money making scam. It offered to pay people to go undercover by

Where to Report Fraud

- Consumer Finance Protection Board, www.consumerfinance.gov/.
- •Federal Trade Commission, www.ftc.gov.
- •Financial Resilience Center, 655-

Don't forget, the best scam you'll ever come across is the one you don't fall for!

posing as a customer to find out about certain business practices at Western Union.

All you had to do was deposit the check in your bank account, get the cash and send it by Western Union to some person out of country. Of course, the check bounces and the cash you withdraw to use while waiting for the check to clear is now on its way to some unknown person overseas.

•Not all scams involve shady companies. USA Discounters was recently in the news for taking advantage of service members by violating the Service Members' Civil Relief Act regarding legal actions. Then there are car title companies that operate, legally, and are able to charge outrageous interest rates that can equal 350 percent annual.

> And there are so many more scams out there to cheat you out of your hard-earned money. Remember the one with the aunt in Switzerland who died and left you millions? All you had to do was pay the lawyer to get the inheritance for you.

•Holiday season is just around the corner. Scams and fraudulent activity are on the rise during the holidays. Consumers must always be vigilant to the many scams and schemes criminals concoct to rip them

Beware, and if fraud is sus-File photo pected, immediately contact your credit card company or banking institution and report



Not all consumer scams

involve disreputable

companies.

•AER provided more than \$1.5 billion in assistance to Soldiers and families since 1942.

 Assistance was provided to more than 3.5 million Soldiers and families in the form of no-interest loans and grants, as well as scholarships to children and spouses of Soldiers.

•Each case is evaluated on its own merits, and there is no boilerplate answer. AER should be the first stop when a Soldier is confronted with a financial

Let AER know how it can be of assis-

Call Schofield Barracks AER at 655-4ACS (4227) or visit www.aerhq.org.



Photo courtesy of Marine Corps Community Services Marketing

BayFest highlights include three nights of concerts by national recording artists.

BayFest seeks volunteers

MARINE CORPS COMMUNITY SERVICES News Releases

MARINE CORPS BASE HAWAII, Kaneohe Bay — The GNC BodySearch Fitness Competition returns to BayFest on Saturday, Oct. 18,

Hawaii's finest and fittest bodies and bodybuilders are invited to vie for the coveted title of King and Queen of BayFest, as well as for cash and prizes.

This free and fun competition is open to all entrants ages 18 and over. Contestants will model fitness and swimsuit attire, and will be judged on personality, physique and interviewing skills.

A panel of judges will select the winners, and the first through third place male and female finishers will take home cash and prizes.

BayFest 2014

BayFest is open to the public Oct. 17-19 and is hosted by Marine Corps Community Services (MCCS) and MCB Hawaii. Highlights include three nights of concerts by national recording artists on the USAA Main

•Friday, Oct. 17th features Smash Mouth and Uncle Kracker.

•The indie-electro band Capital Cities performs on Saturday, Oct. 18.

•Country music sensation Rodney Atkins and special guest Rose Falcon play on Sunday, Oct. 19.

Family fun includes the E.K. Fernandez Carnival and Midway's rides and games, Friday fireworks, military displays and more.

For ticketing and other information, visit BayFest online.

Volunteers Wanted

BayFest organizers are seeking military and civilian volunteers to assist with BayFest 2014, Oct. 17-19, at MCB Hawaii,

Kaneohe Bay.

Volunteer opportunities on site include the following:

•Drivers are needed to shuttle musical artists to and from the concert venue. Qualified persons must be 18 years or older and have a valid driver's license. Priority goes to active duty service members rank E5 and be-

•Food and Beverage volunteers will be serving food and/or beverages. In order to serve alcoholic beverages, volunteers must be at least 21 years old. Food workers should be at least 16 years old.

 Ticketing volunteers welcome patrons to BayFest. Volunteers may also be wrist-banding and taking tickets at the entry.

•ID Checkpoints and Gate Security volunteers must be 21 years or older and will be enforcing drinking policies. Gate security volunteers will ensure only proper personnel are backstage.

•Backstage volunteers may also be requested to assist as stagehands and should be able to lift approximately 40 pounds. Must be at least 18 years old.

•Contest support is needed for GNC BodySearch Competition.

Various shifts are available. All volunteers receive admission to the general BayFest attractions, event T-shirt, meal coupon and letter or certificate of appreciation. To volunteer in food and beverage, call 254-7638. To volunteer in all other areas, call 257-7786.

Enter Online

For more information, call 254-7597. Entry forms are available at www.Bay FestHawaii.com

HAWAII ARMY WEEKLY **B-4** | OCTOBER 10, 2014

Among mothers, snack duty is the real contact sport

By now, the youth sports scrimmages are over, and regular fall season competition has be-

But what our kids don't know is that another fierce game is about to

A game that involves

intense, some might say vicious, competition. A game that is not for the faint at heart. A game that requires superb skills, bloodthirsty drive and aggressive ambition to win.

That game is the one that is waged between the parent volunteers.

A few days ago, my finger trembled as it hovered over the mouse. I had just typed an email to my daughter's JV Girls' Soccer Team coach, volunteering to coordinate snacks for our upcoming games. But I hesitated. I had played in this game before, and I wasn't sure I wanted the coach to send me back in.

Years ago, when our Navy family was stationed in Germany, I was at the height of my youth sports volunteer career. That fall, during our daughter's U8 rec soccer season, an intense but unspoken rivalry developed among the parents over who would win the title for "Best Team Snack."

I signed up for a game at the end of the season, hoping to have time to eye up my com-



LISA SMITH MOLINARI Contributing Writer

petitors. I combed the commissary and trinket stores, hoping to find a winning balance of nutritious edibles to please the health-conscious parents, and fun treats that would win the hearts of the players.

On game day, I was ready.

At halftime, I passed out orange wedges, which not only offered nutritional content, but also had comedic value when the kids cracked up over each other's orange-peel smiles. But I was only just beginning. When the final whistle blew and the players ran off the field, I clinched the coveted title by giving the team ice-cold Gatorades, home-baked cookies and "Goodie Bags" filled to their zip-locked brims with granola bars, lick-and-stick soccer ball tattoos, tiny cleat key chains, sugarless bubblegum and miniature chocolate soccer balls.

In the tangle of minivans exiting the gravel parking lot beside the field, another mom yelled through her open window, "Hey, Molinari! Thanks for making the rest of us look bad



Lisa Smith Molinari

Orange wedges win the snack battle in Germany for 9-year-old Lillian Molinari in 2009, but the "mom" snack wars continue.

with that stinking goodie bag!"

There was no denying it. I nailed it. But just as I was basking in the glow of victory, our family was transferred to Florida. Thinking my snack skills unparalleled, I agreed to be my son's high school football "Team Mom." Little did I know, I had just entered the Parent Volunteer Thunderdome.

Innocently, I made a batch of cupcakes and offered them to the team after our home opener. I had just unknowingly thrown down the

gauntlet to another parent, who brought home-baked cookies to the players after every game and was known as "The Cookie Lady." She was not happy that I'd stepped on her turf and shot daggers at me the rest of the season.

But The Cookie Lady was a pussycat compared to the "Concessions Queen" - a volunteer who had ruled the concessions booth with an iron fist for several years. When she got wind that there was a new "Football Mom" trying to win favor with the team, she gathered her minions to plot revenge.

These women gave me so many dirty looks, I had to ask someone in the chain gang to escort me to the parking lot after the games, for fear that one of them might be hiding between the minivans with a shiv.

After two years of cowering in fear over cupcakes and cookies, my family is now stationed in Rhode Island, and I'm wary of entering the Parent Volunteer Battle again. Will I be able to reclaim my "Best Team Snack" title? Is it worth the sleepless nights spent wracking my brain for a new twist on crispy rice treats? Will I be strong enough to face gut-wrenching decisions like rainbow or chocolate sprinkles? Will I go out in a blaze of glory or suffer the agony of defeat? I just don't know.

Reminding myself that it's all about the kids, I mustered the courage to hit "Send" and started looking up the recipe for monster cookies.

Let the games begin.

Commissary holiday savings begin with October specials

SALLIE CAUTHERS

Defense Commissary Agency

FORT LEE, Va. - October represents the unofficial start to the holiday season for commissary customers who want to save more than their usual 30 percent or more.

"We're offering daily specials throughout our stores and seasonal club packs at great savings for the upcoming holidays," said Tracie Russ, the Defense Commissary Agency's director of sales. "Don't forget to check out our fresh produce section for coupon bundles, and, if you don't have your Commissary Rewards Card, yet, get one now. You could be missing out on some really great deals and giveaways."

During October, DeCA's industry partners (vendors, suppliers and brokers) are collaborating with commissaries to offer discounts beyond everyday savings. Overseas stores may have substitute events for certain promotional

Customers are asked to check their local commissary for details on dates and times for the following promotions:

Home for the Holidays

Giveaway. From Oct. 9-22, the Dr. Pepper Snapple Group is offering 20 military families — 16 families of four stationed stateside and four families of four stationed overseas - a free trip home anywhere in the U.S., to include airfare, lodging and \$1,000 spending money.

•Oktoberfest. Continuing through mid-October, commissary customers will find in-store displays and coupons for imported items from Germany and other European countries. Commissaries have German products ranging from chocolates, cookies, sauerkraut, mustard, red cabbage, rich German coffee and more.

•Thanksgiving Holiday Meal. Beginning Nov. 1, customers worldwide will be able to purchase their complete Thanksgiving meal with the Free Turkey

Coupon booklet. The following industry partners will provide shoppers with the booklet — Kraft Foods, General Mills, Heinz, P&G, Wesson, PAM, Nabisco, Kellogg's, and Hefty and Reynolds Wrap, Johnsonville, Presto, Pepperidge Farm and Pfizer.

Supplies of these booklets worldwide will be

• Hungry for Football Every Day Event. Watch for the ConAgra Foods Hungry for Football store displays throughout October that have recipe books and coupon savings

(Editor's note: Cauthers is a DeCA marketing and mass communication specialist.)

Holiday entries online

Authorized customers can enter the Home for the Holidays contest by scanning the QR code located on in-store signage or go online to enter and for contest rules at www.commissaries.com/shop ping/sales-events.cfm

Commissary patrons are also reminded to continually check the DeCA website at www.commissaries.com, select the "Shopping" link and click on "Sales & Events" tab for the latest in promotional

For a listing of items on sale, along with printable coupons for Hungry for Football Every Day, go to www.conagra commissarydeals.com.



OMMUNITY HAWAII ARMY WEEKLY OCTOBER 10, 2014 | B-5

Soldiers walk 'In Her Shoes,' test domestic violence

Lucy Trinh moved from Vietnam to the U.S. when she was 16.

She met the love of her life, Steve, when he came into the flower shop where she worked.

He began routinely stopping by the shop and eventually asked Lucy to go out for dinner. After a few months, she moved in with Steve and became pregnant.

That's when everything changed. Steve began berating her, abusing her and telling her that nothing she did was ever right. Lucy feared for her son, Sam's, safety.

One day, Steve accused Lucy of flirting with the plumber. He yanked her by her hair, dragged her outside and continued to slap her until he eventually drove away.

To protect Sam, Lucy moved into a shelter. It was safe, but Sam missed his friends, his school and his dad. This broke Lucy's heart, and she decided to give Steve another chance.

One evening, months later, she returned home from her job and heard screams coming from inside. She ran into the house and found Sam curled up in a ball as his dad repeatedly kicked him.

When the police came, they arrested Steve and took Sam away, accusing Lucy of failure to protect her son. She didn't know where to go next.

Story and photos by **GABRIELE CHAPMAN**U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS
— Lucy is not real. She's a
character in a simulation
called "In Her Shoes," created through "true life" experiences of abused women.

It was designed to help participants understand the experiences of a victim over many years. The goals are to increase awareness of their struggles, to show that domestic violence involves the entire community and to emphasize that everyone plays a role in ending domestic violence.

One unit on Schofield Barracks, the 715th Military Intelligence Battalion, recently took an active role in domestic violence prevention by requiring every new Soldier to participate in the simulation. Depending upon the instructor and the number of Soldiers, they discussed the scenarios or actually walked through the simulation.

Role playing. After they chose their character, some participants received dolls to hold and bags of clothes to drag around. Each team began at the Abuse Happens Station, where Soldiers put band-aids on their faces, signifying the first incident of abuse. At that point, they read the next scenario card. They had to choose between visiting Family, Calling a Shelter or Going to Court.

If the team chose Family, they walked to that station and read the next scenario card. If they choose Shelter, they had to roll a coin. "Heads" meant a person answered the phone when they called; "tails" meant they got a busy signal. They kept flipping the coin until a person finally answered.

At that point, the team read another situation card, and they chose their next course of action, such as to "forgive and forget," which meant they returned home, usually resulting in more abuse and another band-aid.

Other choices included Clergy, Court, Child Protective Service, Housing, Job, Domestic Violence advocates, Mental Health and the Police.

At the end, teams gathered and discussed their scenarios and different choices they could have made. While many believed the topic was

Contact FAP

The Family Advocacy Program: Prevention, Education and Outreach (FAP-ED) strives to prevent domestic violence through education. For more information and/or to schedule classes, contact the FAP-ED team at 655-4787.





(Left) Staff Sgt. Gary Wilkinson of the 715th MI Bn. plays the role of a domestic violence victim during an In Her Shoes simulation. Each time his character was abused, he had to place another band-aid on his face. (Right) Spc. Amberly Mejia and Spc. David Trang, both of the 715th MI Bn., enjoy brownies at the Friends and Family Station during the simulation.

not applicable in their own lives, anyone could benefit from the training, because a Soldier, neighbor or friend may need their help one day.

By walking "In Her Shoes," they will be able to empathize with these victims.

(Editor's note: Chapman is a social services educator at the Family Advocacy Program,

Domestic Violence Awareness Events

Attend the Food Drive/Information

•Oct. 14, 10 a.m.-1 p.m., Fort Shafter PX Market or •Oct. 17, 10 a.m.-

1 p.m., Schofield Commissary. Participate in the 10K Fun Run/Walk:

Oct. 24, 6:30-

8:30 a.m., Schofield ACS Building. Register at Army Community Service, 656-4227.



Ieanne Sablan, FAP

Soldiers, spouses and civilians hold a Dance-Off to Domestic Violence event at Schofield Health and Fitness Center, Oct. 3.

Army Community Service; Family and Morale, Welfare and Recreation; U.S. Army Garrison-Hawaii.) B-6 | OCTOBER 10, 2014 HAWAII ARMY WEEKLY HER

Hearing protection options reduce noise injuries

U.S. ARMY PUBLIC HEALTH COMMAND
Army News Service

ABERDEEN PROVING GROUNDS, Md. — Hazardous noise comes in many forms, such as from continuous noise, such as generators or vehicles, to impulse noise, such as weapons fire or explosions.

Failure to wear hearing protection can result in hearing loss, difficulty understanding speech (especially with background noise) and tinnitus.

Hearing damage is more severe when the number of exposures to such noise or the exposure duration increases.

Hazardous noise is also found in many everyday experiences, such as operating a lawn mower or using a vacuum cleaner.

Seek hearing protection

Selecting appropriate hearing protection can be a daunting task with so many different kinds and models available. You obviously want something that protects you, is comfortable and easy to use, and fits well. You don't want it to interfere with face-to-face or radio communications.

Unfortunately, there is no perfect hearing protector that does it all, but tips are available for selecting appropriate hearing protection.

Just about every protector provides significant noise attenuation (or protection). All



Photo by Christina Graber, USAPHC

Staff Sgt. Nicole Gillespie inserts the Combat Arms Earplugs in her ear to protect against sustaining a hearing injury.

point-of-sale packaging contains a Noise Reduction Rating, called the NRR, which describes in a single number how much attenuation is provided. A higher NRR number indicates more attenuation.

The National Institute of Occupational Safety and Health provides a searchable com-

pendium listing performance of many hearing

Users will achieve the listed NRR only when the device is worn correctly and fits properly. Follow manufacturer's fitting instructions carefully

Difficult to fit hearing protectors may be uncomfortable and, therefore, not worn. Appro-

See Hearing, B-7



'Triad' moves into week 19

U.S. ARMY GARRISON-HAWAII
Public Affairs

SCHOFIELD BARRACKS — If you need a boost in motivation, reward yourself, but consider fruits before reaching for a piece of chocolate

Just make sure your reward won't keep you away from your fitness goals.

Sleep Goal

Are you getting enough sleep? Did you know that driving while fatigued is as dangerous as drunk driving?

Visit http://drowsydriving.org/resources/drowsy-driving-video-gallery.

Activity Goal

Shake it up! You can also do a mix of moderate and vigorous activities. Try different exercise routines from the American Council on $\label{lem:exercise} Exercise\ at\ www.ace fitness.org/ace fit/exercise\ -library-main.$

Nutrition Goal

If you're craving sweets, prepare a dish with fruit as a main ingredient. Some ideas include frozen fruit smoothies, fruit salad and fruit parfait using low-fat yogurt.

Visit www.fruitsandveggiesmorematters. org/mainrecipes.

Online

For sleeping "smart," visit www.sleepfoundation.org/sleep-facts-information/sleeping-smart. For more information about food preparation, visit www.Choosemyplate.gov.

PORTS & FITNESS HAWAII ARMY WEEKLY OCTOBER 10, 2014 | B-7

3-7th FA's 'Legacy Challenge' creates esprit de corps

Story and photo by **STAFF SGT. CATRINA HERBERT** 3rd Brigade Combat Team Public Affairs 25th Infantry Division

BELLOWS AIR FORCE STATION — Soldiers assigned to 3rd Battalion, 7th Field Artillery Regiment, 3rd Infantry Brigade Combat Team, 25th Infantry Division, conducted a full day of team-building events, here, Sept. 26, during the 3-7th FA's annual Never Broken Legacy Challenge.

The first challenge was held in July 2013 at Dillingham Air-

The purpose of the event was to enhance the Soldiers' physical and mental resiliency while building cohesion amongst battery leadership and esprit de corps within the battalion.

"After multiple Legacy Challenges have been executed by 3-7th FA, Soldiers have come to realize that participating in a Legacy Challenge will be physically challenging, and that they will have to rely on all of their team members to successfully complete it," said 1st Lt. Kyle Kunz, officer in charge, 3-7th FA.

"It allows the team members to work together to achieve a common goal, even when the task may seem overwhelming," he added.

There were 18 teams that competed in the Never Broken Legacy Challenge. Each team consisted of one officer, one senior NCO, one junior NCO and two junior enlisted Soldiers, including cadets from the University of Hawaii Reserve Officers Training Corps (ROTC) program.

Spc. Izak Gray, Alpha Battery, 3-7th FA, assistance gunner, said, "The significance of this challenge was to build unit cohe-



Cadets from the University of Hawaii ROTC program participate in a full day of team-building events at Bellows Air Force Station Beach, Sept. 26, during the 3-7th FA annual Never Broken Legacy Challenge.

Hearing: Protection urged

CONTINUED FROM B-6

priate protection selection is a balance between getting the performance while retaining qualities like comfort.

The amount of attenuation provided by a hearing protector should closely match the required protection need. For most noise exposures, such as lawn or shop tools, passive earplugs or earmuffs should work well; the latter are easier to fit and will provide more reliable protection.

Be cautious when using devices that provide much more protection than is needed, as speech and other warning sounds may be difficult to hear or understand. A hearing health professional, such as an audiologist, can help you understand how much protection is needed.

If you want to be able to hear everything that's happening around you, all the time, while remaining protected from sudden loud sounds (for example, when visiting a shooting range), the best hearing protection is probably something more specialized, like a level dependent device. Examples include earplugs that have a mechanical filter inside that prevent loud sounds from getting to the eardrum, while allowing softer sounds to pass through, or devices that instantly cut off loud sounds electronically.

Expect to pay more for the electronic products.

sion, to see how far or hard Soldiers and teams are willing to push themselves for unit pride."

The events included tug of war, 100 burpees, a 7-mile run, a

litter carry run, a sand bag carry through the ocean and a 300meter swim. Throughout the whole competition, the participants had to carry a coconut with them.